

## YouthSpeak Mental Health Lunch 'N Learn Series

According to the Mental Health Commission of Canada:

***Mild depression, which is influenced by life stressors within and outside of the workplace, is particularly common and is costly to employers given its high prevalence and high aggregate productivity loss.*** (Allen, Hyworon, Colombi, 2010).

An employee with a child or family member suffering with problems associated with mental health, addiction or bullying will be adversely affected and this impacts their performance and takes a toll on their absenteeism rate. YouthSpeak offers your employees the opportunity to hear from youth who share their personal stories with issues common in the teen years – depression, anxiety, self-harm, bullying and addiction.



**Trained youth speakers with YouthSpeak Performance Charity offer employees the opportunity to hear their personal stories. They share their experience towards wellness and rebuilding their relationships with family.**

*“Deanna was fantastic. So many people were moved by her speech. The next day, every phone call and every office conversation led to a chat about youth mental health. You all made a big impact.”*

Daniela Di Battista, Community member

This interactive workshop will engage participants and provide take-away tips and tools that can be used to create a safe space for positive meaningful conversations with their loved ones.

- Learn how to have meaningful conversations
- Get tips on best practices to support someone who is facing these challenges
- Benefit from a list of available resources

To discuss booking this and/or other YouthSpeak Lunch 'N Learns for your workplace, please contact Una Wright:

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[www.youthspeak.ca](http://www.youthspeak.ca)